



MINDFUL EATING INDIVIDUAL CHALLENGE: Weekly Goals

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<u>Dear Food Diary...</u> Record thoughts, moods, feelings of comfort, symptoms after eating; flavors, temps, textures, etc. <i>Time: at least 2x/day for 5 days</i>	<u>Cut it Out!</u> Eliminate one food from your current eating pattern that is not serving you well, ex: pop, fast food <i>Time: at least 5-7 days</i>	<u>Chewbacca</u> Chew food 15-20 times before swallowing <i>Time: at least 1 meal for 5-7 days</i>	<u>Serve it Up</u> Do not serve meals family style <i>Time: at least one meal for 5 days</i>	<u>Hara Hachi Bu</u> Stop eating at 80% full; satisfied vs full feeling <i>Time: at least 1 meal for 5-7 days</i>	<u>WILD CARD WEEK!</u> Choose a goal from the previous weeks...
<u>Size Matters</u> Eat on smaller cups, plates, bowls, etc. <i>Time: at least one meal for 5 days</i>	<u>Plan Ahead</u> Meal planning: no overbuying, plan for week, etc. <i>Time: at least 5-7 days</i>	<u>Old McDonald's is not McDonald's</u> Eat locally grown foods <i>Time: at least 1 meal for 3-5 days</i>	<u>Can You Say...</u> Do not eat processed meals, read ingredients <i>Time: at least 1 meal for 3-5 days</i>	<u>Turn it Off</u> TV, computer, cell phone, etc. off while eating. <i>Time: at least 1 meal for 5-7 days</i>	
<u>Extreme Kitchen Makeover</u> Reorganize your kitchen <i>Time: throughout the week</i>	<u>H2O...Go!</u> Drink 8 glasses of water a day; drink before eating <i>Time: all day for 5-7 days</i>	<u>Change it Up</u> Change a work related food habit – snacking, bring lunch, etc. <i>Time: 5 days</i>	<u>Time to Taste</u> Take time to eat – eat each meal for 20-30 minutes <i>Time: at least 1 meal for 5-7 days</i>	<u>Eat Your Colors</u> Eat 5-7 servings of fruits and veggies getting in a wide color variety <i>Time: all day for 5-7 days</i>	Or repeat one you already did!